



2015
March

EMPLOYER NEWSLETTER

TRAC - Surcharge Removed

One of the incentives to encourage participation in our tobacco cessation program, the \$50 surcharge scheduled to begin July 1, 2015, has effectively been eliminated with the recent passage of HB 873. This new law prohibits the use of premium differentials based on the use or nonuse of tobacco related products. Although the \$50 surcharge was to be based on a tobacco user's participation in the cessation program, and not whether he/she continued to use tobacco, the surcharge is nonetheless being removed from the TRAC program.

Response to our Tobacco Resistance and Awareness Campaign (TRAC) has been overwhelming, with tens of thousands of Plan participants completing attestation forms, and thousands of tobacco users enrolling in one or more of our free tobacco cessation programs. Our goal with TRAC is to educate participants about the importance of quitting tobacco use while providing information about available cessation programs.

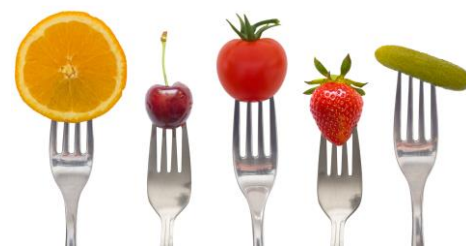
We greatly appreciate your hard work during the implementation phase of the TRAC program, as well as your continued support in encouraging your employees to take advantage of the free tobacco cessation resources. The information collected on the attestation forms will help the Plan better identify

needs and direct resources to continue our education and cessation assistance efforts on behalf of participants who use tobacco. For this reason, we are asking that you continue entering data from attestation forms already collected into EnrollBlue. Despite removal of the surcharge incentive, TRAC and the Plan's other wellness initiatives remain "on track" to help participants live a healthier lifestyle. Be on the lookout for upcoming webinars, wellness champion site visits, and other activities to help you engage your employees to make and maintain healthy changes.

We will be communicating directly to participants regarding the removal of the surcharge component. Please visit our website or contact our office for more information on available cessation resources.

March is National Nutrition Month

National Nutrition Month is a campaign created by the Academy of Nutrition and Diabetics. The Campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The 2015 theme is "Bite into a Healthy Lifestyle." For helpful tips and resources you can share with your employees, please visit www.nationalnutritionmonth.org



Happy National Nutrition Month!

FAST FACTS

35 Years

is how long America has celebrated National Nutrition Month.

Source: www.nationalnutritionmonth.org

30 minutes

every day is the amount of physical activity your body needs for physical fitness.

Source: www.eatright.org

MORE INFORMATION

KnowYourBenefits.dfa.ms.gov

Have Questions?

We've got answers.

Contact Claire Whittington at

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